# METTA SUTTA

# 慈爱经

# 南無本師釋迦牟尼佛

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# 皈依

皈依佛，皈依法，皈依僧。

再皈依佛，再皈依法，

再皈依僧。

三皈依佛，三皈依法，

三皈依僧。

# 慈爱经

由于慈爱的无比威力，修持并回向慈爱经的力量，可使我们免于受到夜叉的障碍，并使其消除敌意。若日夜精进奉行持诵此经可以睡得安稳，杜绝恶梦。啊！善人们！让我们共同来吟诵这可获致多种利益的保护经。

一位专于修善的人，想要达到涅槃寂静的境界，他必须修持

三种训练；他必须具备才能、坦诚、完全诚实正直、谦恭、温和及谦虚。

他应该要知足、易于护持、不多管闲事、生活要简朴、控制六根对六尘的粘附、谨言慎行、有礼貌、不鲁莽及不执着于家庭。

他不应犯任何纤细的过失，因为有智慧的人会知道你犯的错，而可能谴责你。愿一切众生幸

福安全，无有恐怖，内心健康快乐。

凡有生命者，不论或强或弱，或长或短，或大或小，或粗或细。或可见或不可见，或住近或住远，或已生或未生，愿所有的一切众生都获得快乐。

无论在任何地方，不要欺骗或轻视任何人，不要以嗔恚心去伤害别人。

犹如母亲愿舍生命来保护自己唯一的孩子般的慈爱，对一切众生施以无限的慈爱心。

对整个世界所有的众生施以无限的慈爱心，无论东西南北，四维上下，没有任何的障碍，没有任何的憎恨，没有任何的敌意。

不论行、住、坐、卧，只要是在清醒的时候，就应该培养这

慈爱的观想，此乃修行的殊胜境界。

不落入邪见、严守戒律及怀有正见，并舍弃六根的欲望，则绝不再轮回！

# 忏悔

往昔所造诸恶业
皆由无始贪嗔痴
从身语意之所生
一切我今皆忏悔

(3 遍)

# 回向

愿消三障诸烦恼
愿得智慧真明了
普愿罪障悉消除
世世常行菩萨道

Homage to the Blessed One, the Exalted One, the Fully Enlightened One.

*(3 times)*

## Three Refuge

I go to the Buddha as my refuge.
I go to the Dhamma as my refuge.
I go to the Sangha as my refuge.

For the second time I go to the Buddha as my refuge.
For the second time I go to the Dhamma as my refuge.
For the second time I go to the Sangha as my refuge.

For the third time I go to the Buddha as my refuge.
For the third time I go to the Dhamma as my refuge.
For the third time I go to the Sangha as my refuge.

# Metta Sutta

Due to the boundless power of loving kindness, the practice of cultivating loving kindness and sharing merits from chanting Metta Sutta can protect us from the harm of Yakkas and eliminate their hostility. If one could chant this sutta day and night diligently, one will sleep in comfort and be free from bad dreams. O virtuous ones, let us chant this beneficial protective sutta together.

He who is skilled in doing good, and wishes to attain that state of calm (i.e. Nibbana), should act thus:

He should be able, upright, perfectly upright, obedient, gentle and humble.

He should be contented, easy to support, with few duties, simple in livelihood, with senses controlled, discreet, not impudent, and not greedily attached to families.

He should not commit any slight misdeeds that other wise men might find fault in him.
May all beings be well and safe,
may their hearts be happy.

Whatever beings that exist —
weak or strong, long or short,
big, medium-sized or small, subtle or gross, those visible or invisible,
dwelling near or far, those who are born and those who are to be born,
may all beings, without exception, be happy minded.

Let one not deceive nor despise
another person, anywhere at all.
In anger and ill-will,
let him not wish another harm.

Just as a mother would protect her
only child with her own life,
even so, let him cultivate boundless
thoughts of loving kindness towards all
beings.

Let him cultivate boundless thoughts
of loving kindness towards the whole
world — above, below and all around,
unobstructed, free from hatred and
enmity.

Whether standing, walking, seated
or lying down, as long as he is awake,
he should develop this mindfulness.

This they say, is the Highest conduct
here.

Not falling into erroneous views,
endowed with virtues and insight,
with sensual desires abandoned,
he does not come again; to be
conceived in a womb.

## Repentance

For all the unwholesome deeds
committed in the past,
that have arisen from greed, hatred
and delusions since beginningless time,
expressed through body, speech and
mind,
I repent them all now.

*(3 times)*

## Sharing of Merits

May the three hindrances and all afflictions be eradicated.

May I gain wisdom and true understanding.

May all obstructions from all my transgressions be eliminated.

May I always cultivate the Path of Bodhisattva, life after life.

# 韋馱菩薩

非 卖 品

（赠送结缘）

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